

Pre-recorded messages on a variety of topics related to child care, health, and development are available 24 hours a day. Call the Warmline and speak with an operator if you would like a complete list of the 1,500 topics available.

How to Use Warmline, Step by Step

1. Dial 1-888-574-5437.

The Warmline is now “Voice Activated”. You can choose to speak your responses or you can continue to use your keypad on your phone.

2. Follow the prompts to select your language preference. You can say or press “1” to listen to a topic 24 hours a day. You can say or press “2” to speak to a consultant Monday through Friday 8 am to 5 p.m.

3. To listen to a topic, enter the topic number on your keypad. Or you can speak “keywords” and follow the menu prompts to get to the topic you desire. For example, say “TANTRUMS” to pull up topics that include information on temper tantrums.

4. Follow the prompts to navigate through the topic:

- To end the topic at any time during play, say “SKIP”, or press “1”.
- To repeat topic from the beginning, say “REPEAT” or press “2”.
- To transfer to a consultant at any time, say “TRANSFER” or press the star (*) key.

Tips and Tricks

1. Want to skip the introduction and get directly to a consultant? Say “TRANSFER” or press the Star (*) Key at any time and your call will be forwarded to a consultant.

2. Don’t get through immediately to a consultant? Leave a message, and a consultant will return your call as soon as possible. If it is after 5 p.m. or on the weekend, your call will be returned on the next business day.

3. Difficulties with the “keyword” system to get to a topic? Try entering the topic number in the brochure(s) or request a “MASTER LIST” of topics to see everything that is available by saying “TRANSFER” or pressing the Star (*) Key and request the list from a consultant.

The information provided is available to educate child care professionals about health topics. It does not replace licensing requirements or the information provided by a health care provider.

The Warmline for Oklahoma Child Care providers offers free telephone consultations to child care providers on numerous topics of concern. Consultants refer providers to appropriate services and resources within their communities.

A consultant can help:

- Clarify a problem.
- Provide information, including printed materials, if available.
- Help generate ideas and solutions.
- Offer guidance on developmentally appropriate practices.
- Provide referrals to meet individual needs and requests.
- Direct providers to relevant resources to assist with a concern.
- Provide follow-up when needed.

Consultants answer the Warmline Monday through Friday from 8 a.m. until 5 p.m. Messages left after hours will be answered as soon as a consultant is available. Pre-recorded topics can be accessed anytime.

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Child Care Warmline

888-574-5437

Behavior and
Development Topics



See our other brochures
for these topics.

- Health Topics
- Care and Safety Topics



Oklahoma State
Department of Health
Creating a State of Health

Child Care Warmline 1-888-574-5437

Behavior, Development, & Parenting Issues

3706 Bedwetting in Children
 1304 Biting in the Toddler Years
 1306 Biting: Strategies to Prevent Biting in Child Care
 1305 Biting: What to do When a Child Bites
 4307 Child Spacing
 1308 Children's Fears
 4313 Disciplining Your Child
 3791 Finding & Choosing Child Care
 3181 Flat Feet in Children
 1301 Good-Byes: Helping Children Adjust to Child Care
 4316 Healthy Families
 3739 New Baby Creates Jealousy
 3743 Normal Development 15 to 18 Months Old
 3744 Normal Development 18 to 24 Months
 3747 Normal Development 2 Years Old
 3748 Normal Development 3 Years Old
 3750 Normal Development 4 Years Old
 3751 Normal Development 5 Years Old
 3223 Pigeon Toe
 3703 Positive Attitude
 3795 Preparing for the First Day of School
 3358 Self-Esteem
 4344 Self Esteem: Your Child's Self-Esteem
 4329 Separation Anxiety Prevention
 3801 Sexual Behaviors in Children
 4333 Sibling Relationships
 4335 Single Parenting
 1310 Sleep & Children: How Much Sleep is Enough?
 3766 Sleep Disorders in Children
 3764 Sleep Patterns in Children
 3344 Sleep: Nightmares & Night Terrors
 3769 Speech Development in Newborns to 5 Year Olds
 4425 Stress
 4426 Stress Management
 4427 Stress Management with Deep Breathing
 4428 Stress Management with Mental Imaging
 4429 Stress Management with Progressive Muscle Relaxation
 1307 Tantrums
 3860 Teeth Grinding in Children
 3775 Temper Tantrums

3777 Thumb-Sucking
 3796 Tobacco and Smoking in Children & Teens
 3779 Toddler Discipline
 1302 Toddler Practicing Independence in Child Care
 1303 Toilet Learning
 3780 Toilet Training

Mental Health Concerns

3312 ADHD or Attention Deficit-Hyperactivity Disorder in Children
 3302 Aggressive Behavior in Children
 3303 Agoraphobia
 3306 Amnesia
 3788 Anger and Teaching Children to Manage It
 4301 Anger Management for Parents
 3308 Anorexia
 3309 Antisocial Personality Disorder
 3310 Anxiety
 3313 Binge Eating Disorder or Compulsive Overeating
 3314 Bipolar Disorder
 3315 Bulimia
 3370 Bullying: How to Help the Victim
 3369 Bullying: When Your Child is a Bully
 3300 Child Abuse & Neglect
 3772 Depression in Children & Teens
 3321 Depression Overview
 5269 Depression: Postpartum
 3326 Emotional Abuse: Effects on Children
 3724 Fetal Alcohol Syndrome
 3330 Grief & Loss
 3334 Hypochondria
 3345 OCD or Obsessive Compulsive Disorder
 3346 Panic Attacks or Panic Disorder
 3349 Phobias
 3350 Post-Traumatic Stress Disorder (PTSD)
 3323 Recognizing Drug Abuse in Kids
 3360 Sexual Abuse & Children
 3363 Suicide
 3781 Tourette's Syndrome

Infant Behavior & Development

3715 Crying Baby
 3725 Formula Feeding
 3722 New Father
 3736 New Mother

3740 Newborn Screening Tests
 3746 Normal Development 2 Weeks to 2 Months Old
 3745 Normal Development 2 to 4 Months Old
 3749 Normal Development 4 to 6 Months Old
 3752 Normal Development 6 to 9 Months Old
 3753 Normal Development 9 to 12 Months Old
 3742 Normal Development 12 to 15 Months Old
 3789 Sleep Apnea in Babies
 3765 Sleep Patterns in Babies
 3771 Sudden Infant Death Syndrome or SIDS
 3774 Teething
 3784 Very Small Premature Baby
 3797 Weaning from the Bottle to the Cup
 3798 Weaning from the Breast to the Bottle
 3799 Weaning from the Breast to the Cup

Special Needs

3704 Autism
 4305 Cerebral Palsy
 4202 Color Blindness
 4203 Common Vision Problems
 4207 Crossed or Misaligned Eyes or Strabismus
 4314 Down Syndrome
 3720 Dyslexia
 3727 Hearing Loss in Children
 4721 Overweight Children
 3232 Curved Spine or Scoliosis
 3767 Speech and Language Problems
 3377 Autistic Spectrum Disorders
 4217 Lazy Eye or Amblyopia

Help For Families

1313 Child Care Consultation for Facilities Experiencing Challenging Behaviors in the Classroom
 3371 Choosing a Mental Health Therapist for Your Child
 4419 Occupational Therapy
 1319 Oklahoma Child Care Resource & Referral Agency: Help Finding Child Care
 3222 Physical Therapy
 4424 Speech Therapy for Children
 1312 What Is Infant Mental Health?
 1311 Where to Go when You have a Concern about the Development of a Child: What is SoonerStart and How do I Refer a Family?